

July 2015

Senior Health and Wellness Newsletter

Kentucky Department for Aging and Independent Living

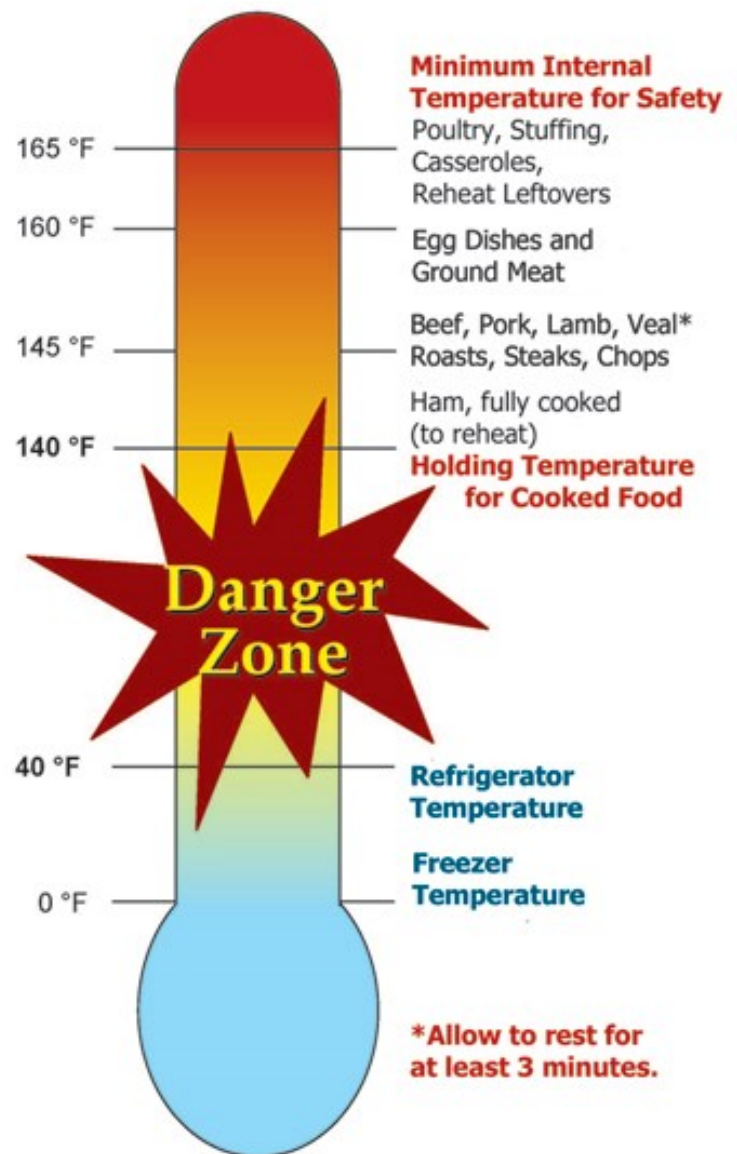


Food Safety During the Warm Weather

The days between Memorial Day and Labor Day are generally considered to be the prime time for picnics and outdoor grilling. Warmer weather encourages us to go out and enjoy the outdoors, physical activities with family and friends are enjoyable. Do not forget food safety. Cold food should be stored at 41 F or less. Never leave perishable food out of refrigeration for over two hours. For any food if the air temperature is 90 F or above, do not leave out of the refrigerator for over an hour. This would include take-out foods, leftovers from a restaurant meal and Meals-on-Wheels deliveries.

Always wash your hands before and after handling food. Scrub your hands for at least 20 seconds in warm, soapy water to effectively remove germs and dirt. Do not place cooked food on a plate that previously held raw meat, poultry, seafood or eggs and have plenty of clean utensils, plates and cookware on hand.

Keep raw meat, poultry, eggs, and seafood and their juices away from ready-to-eat foods. No matter how convenient it seems, do not partially cook food the day before to finish cooking at your picnic site. Often, food seems done before the internal temperature has actually reached a point high



enough to kill off harmful bacteria. To save time, consider cooking food completely the day before, then reheating it at your destination.

The Centers for Disease Control estimates 48 million people (or 1 out of 6 individuals) each year get sick by eating contaminated food. Foods contaminated by harmful bacteria and viruses can cause a foodborne illness (food poisoning) and older adults and children are most susceptible. Foodborne illness can occur within 24 hours of eating contaminated food, or even days or weeks later. Common symptoms of foodborne illness include: diarrhea, nausea, vomiting, abdominal pain and fever. Food can become contaminated when we transport, store, prepare or serve it. It is important to use food safety techniques during every stage that we have contact with food.

Information found on USDA site and FDA site and CDC :

- United States Department of Agriculture Food Safety and Inspection Service —
<http://www.fda.gov/downloads/Food/FoodbornellnessContaminants/UCM312790.pdf>
- United States Department of Agriculture—
<http://www.usda.gov/wps/portal/usda/usdahome?navid=food-safety>
- Centers for Disease Control and Prevention Food Safety—
<http://www.cdc.gov/foodsafety/>

**Kentucky Cabinet for Health and Family Services
Department for Aging and Independent Living**

275 East Main Street 3E-E
Frankfort Kentucky 40621
Phone: 502-564-6930

<http://chfs.ky.gov/dail/default.htm>